[illegible] [illegible]

[illegible]:

1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
3. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]:

1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
2. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

# [illegible] [illegible] [illegible] 50 [illegible]:

## [illegible]:

1. [illegible]: [illegible].
2. [illegible]: [illegible].
3. [illegible]: [illegible], [illegible].
4. [illegible]: [illegible].
5. [illegible]: [illegible]

[illegible]?

[illegible], [illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible]. [illegible], [illegible]

[illegible] 90 [illegible]. [illegible] - [illegible] (neuroscience) [illegible]. [illegible] (movement) [illegible].[illegible].[illegible] (BDNF - brain-derived neurotrophic factor) [illegible], [illegible] (neuroplasticity) [illegible]. [illegible]. [illegible] (shared physical activity) [illegible] (co-regulation) [illegible] - [illegible]

[illegible], [illegible]. [illegible] ([illegible]) [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible], [illegible], GABA [illegible], [illegible]

[illegible] (Warriors) [illegible], [illegible] (Worriers) [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible].

- **[illegible]:** [illegible]

[illegible]

[illegible] - **[illegible]-[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible]. - **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:**	[illegible] [illegible] [illegible] [illegible].	[illegible]: - **[illegible] [illegible] (Norepinephrine):** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible] (Dopamine):** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] (Serotonin):** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **GABA (γ-Aminobutyric Acid):** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - **Glutamate:** [illegible] [illegible] [illegible]
## [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible], [illegible], [illegible] [illegible] [illegible]	[illegible] [illegible] (Dopamine) [illegible], [illegible] (Adrenaline) [illegible] [illegible] [illegible] (Testosterone); [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]. **[illegible] [illegible] [illegible]:** 1. **[illegible]**: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. 2. **[illegible] [illegible] [illegible] [illegible]**: [illegible]		
## [illegible] (Worrier Activities) 1. **[illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 2. **[illegible] [illegible] [illegible]:** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. 3. **[illegible] [illegible]:** [illegible] [illegible], [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **[illegible] [illegible] [illegible]:** - [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible]-[illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]		
# [illegible] [illegible]: [illegible] [illegible] [illegible] ## [illegible] [illegible] 1. **[illegible] [illegible] [illegible]:** - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. 2. **[illegible] [illegible] [illegible]:** - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - [illegible] [illegible], [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]: - **[illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible]	[illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]: - **[illegible] [illegible]**: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	- **[illegible] [illegible]**: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]**: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]**: [illegible] [illegible] [illegible], [illegible]	
## [illegible] [illegible] [illegible]: 1. **[illegible] [illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]. 2. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]-[illegible] [illegible],	## [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] **[illegible]:** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. **[illegible] [illegible]:** - **[illegible] [illegible]	[illegible], [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible], [illegible] [illegible] [illegible]	[illegible]:** [illegible] [illegible]	

[illegible] [illegible] (Recovery Kernel) - [illegible] [illegible]

1. [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

2. [illegible] [illegible]:

- [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible])
- [illegible]

[illegible] [illegible] - [illegible] [illegible]

1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

4. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

5. **[illegible]:** [illegible] [illegible] [illegible]

[illegible] [illegible], [illegible], [illegible] [illegible], [illegible] - [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]
· 3-5 [illegible]
· [illegible] [illegible]
· [illegible] [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] 30 [illegible] [illegible] [illegible] [illegible]. 0-[illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]. [illegible] "30 [illegible] [illegible] [illegible]" [illegible] [illegible]. [illegible] [illegible] [illegible]. "[illegible] [illegible]" [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]:
- 8-10 [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible]) [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] - "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]" [illegible] "[illegible] [illegible] [illegible] [illegible]?" - [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]

[illegible] [illegible] [illegible] (dopamine) [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] (5 [illegible]) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]:

1. [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
2. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
3. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
4. [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]: [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible])

[illegible] [illegible], [illegible] [illegible] BDNF ([illegible] [illegible] [illegible]) [illegible] [illegible]. [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] (Push-up) [illegible] · 3-4 [illegible] · [illegible] [illegible] · [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] (1 [illegible] 50 [illegible] [illegible]) [illegible] [illegible]. "[illegible]" [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] (oxytocin) [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] (The Name Toss)

- 5 [illegible]
- [illegible] [illegible] (Circle space)
- [illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] ([illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]:

1. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
2. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
3. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
4. [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] ([illegible], 'Marcus - [illegible]'), [illegible] [illegible] [illegible] [illegible] ('Sofia - [illegible]').
5. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] 5

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] '[illegible]mp' [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] (Two Truths One Thrill)

- 10 [illegible]
- [illegible]: [illegible]
- [illegible]: [illegible]

[illegible] (modern thrill) [illegible], [illegible].

- [illegible] 1: [illegible].
- [illegible] 2: [illegible].
- [illegible]: [illegible], [illegible].

[illegible]:

- [illegible]: [illegible], [illegible] '[illegible]' [illegible], [illegible].
- [illegible] '[illegible]' [illegible].
- [illegible], [illegible].

[illegible]: "[illegible]" [illegible]. "[illegible]" [illegible], [illegible] - [illegible], [illegible].

[illegible] · 8 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] 60 [illegible]. [illegible], [illegible], [illegible]. [illegible], [illegible].

[illegible]. [illegible] 60 [illegible] ([illegible], [illegible], [illegible]). [illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible]

[illegible]: [illegible] ([illegible]) [illegible], [illegible]. [illegible] - [illegible] (endorphins) [illegible]. [illegible] ([illegible]) [illegible], [illegible], [illegible] ([illegible]) [illegible] (oxytocin) [illegible]

[illegible] [illegible] [illegible] [illegible] (Recovery Kernel)

1. [illegible] [illegible]:

* [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

2. [illegible] [illegible]:

* [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]

[illegible] [illegible] - [illegible] [illegible]

1. [illegible] [illegible] [illegible] [illegible]:

* [illegible] [illegible] [illegible] [illegible] [illegible]?
* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?
* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

2. [illegible] [illegible] [illegible]:

* [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]
· 3-4 [illegible]
· [illegible] [illegible]: [illegible] [illegible] [illegible]
· [illegible]: [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible] [illegible]: '[illegible] [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible].' [illegible], [illegible] [illegible] [illegible]

[illegible] - [illegible]. [illegible].

[illegible], [illegible] (co-regulation) [illegible] - [illegible]. [illegible] (vagus nerve) 60 [illegible]. [illegible], [illegible], [illegible].

[illegible] · 5-7 [illegible] · [illegible] · [illegible]: [illegible]

[illegible]. [illegible] '[illegible]' [illegible], [illegible].

[illegible]. "[illegible], [illegible]. [illegible], [illegible]." 3-4 [illegible]. [illegible] '[illegible]' [illegible], 10 [illegible]. [illegible], [illegible]. [illegible], '[illegible]?' [illegible].

[illegible], [illegible] - [illegible]-[illegible] - [illegible]. [illegible] - [illegible].

[illegible]
· 3 [illegible]
· [illegible], [illegible]
· [illegible]: [illegible]

[illegible] - [illegible], [illegible]. [illegible]. [illegible].

[illegible], '[illegible]. [illegible], [illegible].' [illegible]. [illegible]. 2 [illegible]: '[illegible], [illegible].' [illegible]. '[illegible]

[illegible]: [illegible]. [illegible] - [illegible]. [illegible]. [illegible], [illegible], [illegible].

[illegible]: [illegible]

[illegible], [illegible]

[illegible]. 5 [illegible].

[illegible]: [illegible]

[illegible], [illegible].

[illegible]. [illegible] - [illegible]. 90 [illegible], [illegible]. (No words.)

[illegible], [illegible]. [illegible], [illegible], [illegible]. [illegible] **(rock-paper-scissors)** [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible]. **90** [illegible], [illegible], [illegible]. **3** [illegible]

[illegible] **(mirror neurons)** [illegible], [illegible]. [illegible]. [illegible] **-** [illegible], [illegible]. [illegible] **(oxytocin)** [illegible].

[illegible] (Clap) · 4 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] — [illegible], [illegible] — [illegible].

[illegible], [illegible]. [illegible], [illegible]. [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible]

[illegible] **(rhythmic entrainment)** [illegible]. [illegible]. [illegible], [illegible]. [illegible], [illegible].

[illegible], [illegible] 2 [illegible], [illegible], [illegible], [illegible].

[illegible], [illegible], [illegible]

[illegible] [illegible] [illegible].

<|im_end|>

[illegible] [illegible] [illegible] 90 [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 30 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]. 90 [illegible], [illegible], [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. 90 [illegible] [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 30 [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 2 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

[illegible] [illegible]: [illegible] [illegible] [illegible]

1. [illegible]:

[illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

2. [illegible]:

* [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

1. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

1. [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. [illegible] [illegible]:

- [illegible]-[illegible] [illegible], [illegible] [illegible]

[illegible], [illegible] - [illegible], [illegible].

[illegible] ([illegible]) [illegible]. [illegible], 3 [illegible], [illegible]. [illegible]. [illegible]. 5 [illegible], '[illegible]?' [illegible].

[illegible]: [illegible] (**tactile oxytocin pathway**) [illegible]. [illegible]. [illegible]. [illegible], [illegible].

[illegible] · 8-10 [illegible] · [illegible] · [illegible]: [illegible]

[illegible]. [illegible] 60 [illegible]. [illegible], [illegible]. [illegible].

[illegible]:

- [illegible], [illegible] ([illegible]) [illegible].
- [illegible].
- [illegible], [illegible]: "[illegible]" [illegible] "[illegible]." ([illegible])
- 60 [illegible]

[illegible]: [illegible] - [illegible]. [illegible], [illegible], [illegible]. [illegible], [illegible], [illegible]

[illegible] - [illegible] · 8-10 [illegible] · [illegible] · [illegible]: [illegible]

[illegible], [illegible].

[illegible], [illegible] (**Kernel**) [illegible] (**Facilitator**) [illegible] ([illegible], "[illegible] - [illegible]"). [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible]

[illegible]: [illegible], [illegible], [illegible]

[illegible]-[illegible], [illegible]. [illegible], [illegible].

[illegible] · 10 [illegible] · [illegible], 8-15 [illegible] · [illegible]: [illegible]

[illegible], [illegible].

[illegible], [illegible]. [illegible] ([illegible], [illegible]) [illegible], [illegible]. [illegible], [illegible], [illegible]. 5-8 [illegible], [illegible].

[illegible], [illegible] ([illegible]) [illegible]. [illegible]-[illegible]. [illegible], 8 [illegible] - [illegible], [illegible]

[illegible] · 15-20 [illegible] · [illegible] · [illegible]: [illegible]

[illegible], [illegible], [illegible], [illegible].

[illegible]:
[illegible]/[illegible], 15 [illegible]. '[illegible] 15 [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible] - [illegible]. [illegible].
[illegible].'
[illegible]. [illegible], [illegible]. [illegible]

[illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible]

[illegible] - [illegible] · 5 [illegible] · [illegible] · [illegible]: [illegible]

[illegible], [illegible], [illegible].

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]!

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] (Recovery Kernel)

1. [illegible]:

* [illegible]: [illegible], [illegible], [illegible].
* [illegible].
* [illegible], [illegible].

2. [illegible]:

* [illegible]: [illegible], [illegible], [illegible], [illegible] [illegible]

[illegible] (Brain Activation Activities)

1. **[illegible]:**
   - [illegible], [illegible]. [illegible], [illegible], [illegible].

2. **[illegible]:**
   - [illegible], [illegible]. [illegible], [illegible]

[illegible], [illegible], [illegible] - [illegible].

[illegible] (30 [illegible] 5-7 [illegible])

• [illegible], [illegible].

• [illegible]: [illegible]

[illegible] 30 [illegible]. 3 [illegible]. [illegible], [illegible].

[illegible]:
[illegible] 30 [illegible]. '[illegible] 3 [illegible]. [illegible], [illegible], [illegible], [illegible], [illegible], [illegible].' 3 [illegible]: '[illegible], "[illegible]."'

[illegible]: [illegible]. [illegible] ([illegible]), [illegible], [illegible]. [illegible] **IDEO** [illegible]; [illegible], [illegible], [illegible]

[illegible] · 5 [illegible] · [illegible] · [illegible]: [illegible]

[illegible], [illegible]. [illegible] = [illegible]. [illegible] = [illegible]. [illegible].

[illegible]. [illegible].
[illegible].
[illegible].
[illegible] ([illegible]), [illegible] '[illegible]!' [illegible], [illegible] - [illegible], '[illegible]!' [illegible].

[illegible]: [illegible] - [illegible], [illegible], [illegible]. [illegible] **(prefrontal cortex)** [illegible], [illegible], [illegible]. [illegible], [illegible].

[illegible], 10 [illegible], [illegible]. [illegible], [illegible] - [illegible] '[illegible]' [illegible], [illegible].

[illegible], [illegible]. [illegible], [illegible]:[illegible], [illegible]

[illegible], [illegible], [illegible]. ([illegible], [illegible].)

[illegible], [illegible], [illegible]. ([illegible], [illegible], [illegible].)

[illegible], [illegible] - [illegible]

[illegible], [illegible]...

[illegible]...

[illegible], [illegible]...

[illegible]... ([illegible] 3 [illegible])

[illegible], [illegible]...

[illegible]... "[illegible]" ([illegible])

[illegible], [illegible]...

[illegible]...

[illegible], [illegible] ([illegible]) [illegible]. '[illegible], [illegible]' [illegible], [illegible]. [illegible] '[illegible]' [illegible], [illegible]

[illegible]?

- 3 [illegible]
- [illegible] (Pairs)
- [illegible]: [illegible] - [illegible]

[illegible] 30 [illegible]. [illegible], [illegible] 3 [illegible]. [illegible].

[illegible]. 30 [illegible]. [illegible] - [illegible], [illegible], [illegible]. [illegible] 60 [illegible] 3 [illegible]. [illegible]

[illegible]: [illegible], [illegible] - [illegible], [illegible]. [illegible], [illegible]. [illegible].

[illegible] (Improv Machine)

· 8 [illegible]
· [illegible]
· [illegible]: [illegible]

[illegible], [illegible]-[illegible]

[illegible]. [illegible], [illegible] '[illegible]'[illegible], [illegible].

[illegible], [illegible]-[illegible] ([illegible] '[illegible]') [illegible], [illegible]. [illegible], [illegible]. **30** [illegible]. [illegible], [illegible] '[illegible]' [illegible], [illegible]. '[illegible]' [illegible]

[illegible]: [illegible], [illegible]. [illegible] '[illegible]' [illegible] **Kernel-**[illegible]: [illegible], [illegible]. [illegible], [illegible].

[illegible] (Standing circle) - 5 [illegible]

- [illegible], [illegible], [illegible].
- [illegible], "Zip Zap Zop" [illegible], [illegible], [illegible].
- [illegible], [illegible], [illegible].
- [illegible].

[illegible] - [illegible] ([illegible]), [illegible] ([illegible]), [illegible] ([illegible]) - [illegible]. [illegible].

[illegible], [illegible]: **"Zip"** [illegible], [illegible] **"Zap"** [illegible]. [illegible], [illegible] **"Zop"** [illegible]. [illegible] **"Zip"** [illegible], [illegible]. [illegible]: **10** [illegible]

[illegible]: [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible] - [illegible]. [illegible]

[illegible] [illegible] [illegible] (Recovery Kernel)

[illegible] [illegible] [illegible] [illegible]?

1. **[illegible] [illegible]:** [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
3. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible] [illegible]:

1. **[illegible] [illegible]**: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible] [illegible]**: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]:

*- **[illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].*
*- **[illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]*

[illegible] [illegible] [illegible] (Cold Water Challenge)

· 3 [illegible]

· [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

· [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (30 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]). [illegible].

[illegible] ([illegible]) [illegible]. [illegible], [illegible]. [illegible] 15 [illegible], [illegible] 60 [illegible]. [illegible]. [illegible].

[illegible], [illegible]: [illegible]

[illegible]: [illegible], [illegible]. 30 [illegible]. '[illegible]' [illegible] - [illegible]. [illegible] 01 ([illegible]) [illegible] - [illegible]

[illegible] · 3 [illegible] · [illegible] · [illegible]: [illegible]

[illegible], [illegible].

[illegible] - [illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible].

[illegible], [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible] (Race to the Wall)

[illegible]: 3 [illegible]

[illegible] (Any space with walls)

[illegible]: [illegible]

[illegible] - [illegible], [illegible]. [illegible], [illegible]. [illegible] 5 [illegible].

[illegible], "[illegible]" [illegible]. [illegible] +1 [illegible].

"[illegible]."

"[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]."

"[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]."

"[illegible] [illegible] [illegible] [illegible]."

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (dopamine) [illegible] [illegible]-[illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] ([illegible] [illegible]

[illegible] [illegible] [illegible]

- 5 [illegible]
- [illegible] [illegible]
- [illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 60 [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] 60 [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible]. '' [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] "[illegible] [illegible] [illegible]" (self-competition) [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] (dopamine) [illegible]. '[illegible] [illegible]' [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] - 1 [illegible] · 1-2 [illegible] · [illegible] [illegible] · [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible]) [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. 60 [illegible] [illegible] [illegible] [illegible]. [illegible], 10 [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. 20-30 [illegible], [illegible] [illegible] [illegible] [illegible] [illegible],

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

1. [illegible] [illegible] [illegible]:
   - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
   - [illegible] [illegible] [illegible], [illegible] [illegible].
   - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

**2. [illegible]

[illegible] [illegible] [illegible] [illegible]

- **[illegible]**: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- **[illegible] [illegible]**: [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- **[illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]
· 15 [illegible]
· [illegible] [illegible]
· [illegible]: [illegible] [illegible]

[illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. 10 [illegible] [illegible], [illegible]. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible].

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] **BDNF** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible]♀
· 5 [illegible]
· [illegible] [illegible] [illegible]
· [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. '[illegible] [illegible]' [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **15** [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], **20** [illegible] **BDNF** [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] · 5 [illegible] · [illegible] [illegible] [illegible] [illegible] · [illegible] [illegible]: [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 5 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], "[illegible]" [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **4** [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]: '[illegible] [illegible] [illegible]? [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]?' **4** [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] **(cortisol)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] · 20-30 [illegible] · [illegible] [illegible] [illegible] [illegible] · [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible]. [illegible] 20-30 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] **EMDR-**[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]:

* **[illegible] [illegible] [illegible] [illegible] [illegible]**
* **[illegible] [illegible] [illegible] [illegible] [illegible]**
* **[illegible] [illegible] [illegible] [illegible] [illegible]**

[illegible]:

1. **[illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

- **[illegible] [illegible] ([illegible] [illegible] [illegible]):** [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible].

- **[illegible] [illegible]:** [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

- **[illegible] [illegible]:** [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]...
(Aarai ippa ittiru unnal...)

(Note: This is a starting point. Depending on the context of "this..." you're referring to, further elaboration might be needed.)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]:

1. **[illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

	2
[illegible], [illegible], [illegible].	1. [illegible] (Jumping Jacks Countdown) → 2. [illegible] (Name Toss) → 3. [illegible] (Celebration Circuit)
[illegible], [illegible], [illegible] - [illegible]. (Nēṇḍa nerukkam, adhirschicha ulainapōkku, vāyuvil kordikkum korṭisōl - ivai eṅkaḷ illai uḻlattai paavaṇai.)	[illegible] → [illegible] → [illegible]
[illegible], [illegible].	## [illegible] (Two Truths One Thrill) → [illegible] (What's Different?) → [illegible] (Telephone) **[illegible] (Two Truths One Thrill):** 1. **[illegible].** (I am not prepared to face a certain situation.) 2. **[illegible], [illegible], [illegible].** (But if I am prepared, I can navigate it safely.) **[illegible] (What's Different?):** [illegible], [illegible]. [illegible], [illegible], [illegible]
[illegible].	[illegible] → [illegible] → [illegible]
[illegible].	[illegible] (Lap Race) → [illegible] (Warrior Sprint) → [illegible] (Push-Up Challenge)
[illegible]	[illegible]? → [illegible]? → [illegible]?
[illegible], [illegible]. [illegible].	[illegible] → [illegible] → [illegible]

[illegible], [illegible] (prefrontal cortex) [illegible]. [illegible] "[illegible]" [illegible], [illegible], [illegible], [illegible].	[illegible] → [illegible] → 30 [illegible]
[illegible].	[illegible] → [illegible] → [illegible]
[illegible], [illegible].	[illegible] - [illegible]. **[illegible]:** 1. **[illegible]:** [illegible], [illegible], [illegible]. 2. **[illegible]:** [illegible], [illegible]. [illegible]
[illegible], [illegible]... (Aarupadil enna kalam ulle ungal) (Note: This translates directly to "Only 5 minutes available, but..." preserving the urgency and directness of the original.)	[illegible] (2 [illegible]) [illegible] (1 [illegible]) [illegible] (3 [illegible])
[illegible] - [illegible], [illegible]. [illegible], [illegible], [illegible]	1. [illegible] ([illegible]) → [illegible] ([illegible]) → [illegible] ([illegible]) <|im_end|>

[illegible]. [illegible]
[illegible],
[illegible]
[illegible], [illegible]
[illegible].

[illegible], [illegible]:
1. [illegible],
[illegible].
2. [illegible]

[illegible]: "[illegible], [illegible]."

[illegible], [illegible], [illegible].

[illegible], [illegible]. [illegible], [illegible] 10 ([illegible]) [illegible], [illegible], [illegible]. [illegible], [illegible], [illegible] 16 ([illegible]) [illegible], [illegible]. [illegible] - [illegible], [illegible].

[illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible], [illegible], [illegible]

[illegible], [illegible], [illegible], GABA [illegible], [illegible] BDNF [illegible]. [illegible]. [illegible], [illegible].